


HOWARD-SUAMICO
SCHOOL DISTRICT
Serving • Educating • Inspiring • Connecting




Health & Wellness

Howard-Suamico Partners in Health

"Developing Productive, Responsible, Civic-Minded Adults who Prosper and Serve"

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Quick Links

- Benefit Advantage
- Caremark your mail order drug Program
- Delta Dental
- EAP Employee Assistance Program
- WEA Trust
- WEA- Health & Wellness
- Class Opportunities**
- Building Activities
- Staff-Class Opportunities
- Hoop it Up with Hula Hoops**
- Learn to make your own hoop
- Abs/Core & Sculpt
- Water Aerobics
- General Health**
- Center for Disease Control & Prevention
- Health Finder
- Medicine Net
- Medline Plus
- MayoClinic
- Nutrition
- Web MD
- Links to other Health Organizations:
- American Cancer Society
- American Heart Association

Welcome to the Howard-Suamico School District

HEALTH & WELLNESS

10K a Day Walking /Exercise Program
February 9th 2009 - April 3rd, 2009
Wellness Program

WALKING

Why it's the 8th Wonder of the World

1. It can prevent or delay the impact of several chronic diseases.
2. You can do it at any age.
3. It's inexpensive and easy.
4. It comes naturally, and you can do it in connection with other activities.
5. It's a safe, low -impact workout, even for people with arthritis.
6. Walking briskly for one mile in 15 minutes burns around the same number of calories as jogging for 8.5 minutes.
7. It often becomes a stepping stone to other forms of physical activity.
8. It's the most popular physical activity in the United States.

**Health Benefits of
Exercise and Physical Activity:**

Motivation Tip

Focus on your short-term goals. Think about the immediate rewards of physical activity, like the simple pleasure of being active and the boost of energy and self-esteem that most people feel afterwards.

A Good Night's Sleep

Recipe of the Day
NUTRITION
Fact Sheet
Step Up to Nutrition and Health

"An Ounce of Prevention"
Campaign

Aunt Cathy's
Guides to Health and Nutrition

Keep the Beat
Heart Healthy Recipes
from the National Heart, Lung and Blood Institute

What's Your RealAge?
Are you biologically younger, older, or the same as your calendar age?

Partners in Health

**American Diabetes Association
National Institutes of Health****Committee Members**

- Reduce the risk of premature death
- Reduce the risk of developing and/or dying from heart disease
- Reduce high blood pressure or the risk of developing high blood pressure
- Reduce high cholesterol or the risk of developing high cholesterol
- Reduce the risk of developing colon cancer and breast cancer
- Reduce the risk of developing diabetes
- Reduce or maintain body weight or body fat
- Build and maintain healthy muscles, bones, and joints
- Reduce depression and anxiety
- Improve psychological well-being
- Enhanced work, recreation, and sport performance

Helping our members be as healthy as they can be

10 Reason to take the Stairs

**Do you need an exercise buddy?
Read more here**

Last updated February 4, 2009

The Howard-Suamico School District does not discriminate on the basis of the person's sex, race, color, national origin, ancestry, creed, religion, pregnancy, marital or parental status, sexual orientation, or physical, mental, emotional, or learning disability or handicap as required by Sec. 118.13, Wis. Stat.



HOWARD-SUAMICO
SCHOOL DISTRICT
5500 MC...
...10020008

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Welcome to the
Howard-Suamico School District

HEALTH & WELLNESS

Building Activities- Staff, Students and Family

Suamico won \$500 for "Movin' and Muchin'" sponsored by the DPI and a match from WEA for Health and Fitness last year.

Upcoming Events

November 3rd will be our first WALKING DAY! Every first of the month the entire school will get up and walk the halls for 15 minutes.

Students will wear wrist bands to promote.

Healthy Holidays is this years fitness competition

November 3rd- December 19th

This is a seven week competition that will have staff members who want to join to keep track of their minutes of exercise.

Forest Glen Staff- Walking club-Power Walking

Forest Glen Students-Walking Club for students in grade 2-4 -start up will be sometime in December.

They will be receiving a punch on their card for each mile completed and a token that can be worn on their shoe or backpack for every 5. For every 25 miles walked, they will receive a button that they can wear.

Recipe of the day

NUTRITION

Fact Sheet

Step Up to Nutrition and Health

Aunt Cathy's

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and Blood Institute

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healthy as they can be

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National Institutes of Health

Committee Members

Howard- Power Walking
Beginning of School Year 2007-08
How to Get Started

Bay Port- Students-Staff
November 29- hoops for heart event to promote and
raise funds for the American heart association.

Staff- Fitness Firm
twice a week from 3:45-4:45

Last updated February 4, 2009

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HSSD STAFF! TWO NEW CLASSES for 2008...

Abs/Core & Sculpt

Tuesdays 3:30~4:40 pm



Class Starts January 22
(5 Weeks)

Class Dates: January 22, 29. Feb. 5, 12 & 19

3:30~4:00

Abs & Core: Total Abdominal workout, Develop core strength, Tighten and Tone, work on that 6-pack.

4:00~4:40

Sculpt & Tone: Techniques that strengthen & tone your entire body using light weights and challenging all muscle groups with squats, lifts, curls and lunges all set to great music.
Finish up with stretching, relaxation & stress relief.

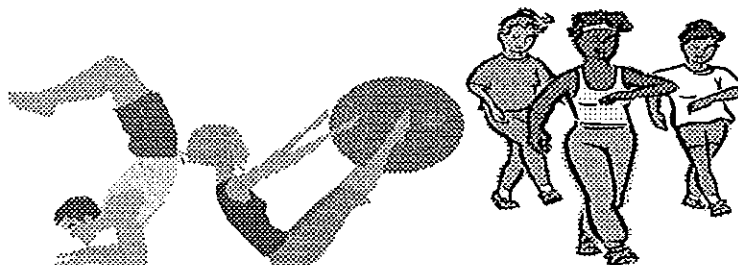
ABS & CORE SEGMENT: Bring a mat or towel

SCULPT & TONE SEGMENT: Bring a set of light weights
(2-5 lbs.)



SIGN UP FOR ONE OR BOTH SEGMENTS

Classes held in Lineville COMMONS.



WALK THE WEIGHT OFF BY JOINING THE 10K A DAY WALKING \ EXERCISE PROGRAM.

Maintaining a significant level of physical activity can really improve your overall health. The holidays are over and spring is in sight. This is a good time to think about getting rid of some of that holiday weight. Join us in another 10K a day walking program. Wear a pedometer and count your steps to get in shape for spring. Sign up for the 10K a day (10,000 Steps) program and track the number of steps you walk per day or the amount of time you exercise per day. To be a success in the program just walk 10K a day **or** perform 30 minutes of exercise at least 3 days a week. If you already do this much, challenge yourself to 45-60 minutes and/or additional days. The program will start on February 9th 2009 and go through April 3rd 2009.

XX

Good for you on taking a step toward better health! Return the sign up section below (or e-mail) by February 6th to Janet Mocco or Kari Alvey in the district office.

Signature_____School_____.

**WALK THE WEIGHT OFF BY JOINING THE
10K A DAY WALKING PROGRAM.**

February 9th to April 3rd 2009.

**Cross off the days each week that you walk at least 10K
(10,000 steps) or exercise 30 or more minutes.**

9 10 11 12 13 14

15 16 17 18 19 20 21

22 23 24 25 26 27 28

1 2 3 4 5 6 7

8 9 10 11 12 13 14

15 16 17 18 19 20 21

22 23 24 25 26 27 28

29 30 31 1 2 3

Congratulations on completing your exercise goal. Please send your calendar back to Janet Mocco or Kari Alvey in the district office no later than April 15th to be entered in a drawing for a nice incentive.

Signature: _____ School: _____.



Movin' and Munchin' Schools REGISTRATION FORM Due 12/01/08



Our school intends to implement a Movin' and Munchin' Schools program this school year.

Program Contact Name: Joe Wallander, Associate Principal

School District: Howard-Suamico

School Name: Bay View Middle School

School Address: 1217 Cardinal Lane

City and Zip Code: Green Bay, WI 54313

Contact Phone: 920-662-7982

Contact E-mail: Josewall@hssd.k12.wi.us

Business Manager Name: Betty Zimdars

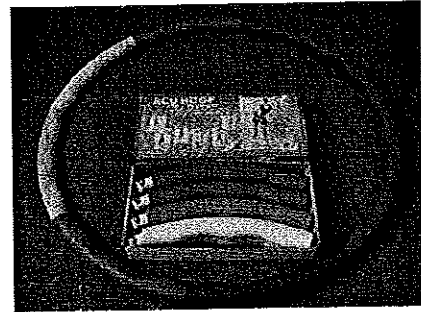
Business Manager Phone: 920-662-7878

To learn about helpful resources, contact Jon Hisgen at (608) 267-9234 or jon.hisgen@dpi.state.wi.us. You can also visit www.movinandmunchin.com.

Please mail this form to: Jon Hisgen
State of Wis. Dept. of Public Instruction
P.O. Box 7841
Madison, WI 53707-7841

Or fax to: 608-266-3643

**“HOOP IT UP”
with Weighted Hula Hoops
Do you want to get in shape,
trim your waistline,
get some exercise while
strengthening your core.....
or just have some fun?!!**



Once you start you will be “Hoop’n it Up” all the time-

Location: Bay View Middle School – room 161 –
Fitness Area across from boy’s locker room

Date: Tuesday’s—4 week session to get in shape before Spring Break

Class Dates: February 26, March 4, March 11, March 18

Space will be limited.

Sign up for a class now—Two different sessions- 3:30-4:00 or 4:10-4:40

Get in shape and stay fit the fun, easy way.

The *Heavy Hoop System* will win you over:

- Burn more calories than a high impact aerobic workout.
- Scientifically tested and proven for cardiovascular fitness and weight loss by major aerobic research institute.
- Used successfully by serious athletes, seniors, children and the disabled.
- A variety of fun-filled exercises to work the entire body.

http://www.sports-hoop.com/main_adult140.html

Questions please feel free to contact:

Kathy Anderson

kathande@hssd.k12.wi.us

662-8125

March for Babies

Saturday, April 26th
Ashwaubenon Community Center
(Klipstine Park)

Join the team!

- Pick up a brochure from your teacher
- Visit the registration table during your lunch
- Register online at <http://www.marchforbabies.org>

1. Click on "Join a Team"
2. Type in "Howard - Suamico Schools"
3. Enter your info & collect donations!

When you register to walk, you will:

- Receive a "march for babies" button
- Be entered in a weekly raffle

Then what?

- Collect donations and earn incentives
- Participate in fundraising activities
 - Dime Drop (April 22 - April 25 at lunch)
 - Hat Day (April 18th)
 - Wristband Sales (during lunch)
- Walk with the team on Saturday, April 26!

Need more information??

Check out the registration table during your lunch, or see Ms. Lundy (room 182) or Mrs. S. Vogel (room 207) for more details



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PHYSICAL EDUCATION ACTIVITY CARD
BAY VIEW MIDDLE SCHOOL

Parent/Guardian Initials: _____ Student's Name: _____

Day _____ Hour _____

DIRECTIONS: Bay View students can earn extra credit in physical education. 4 hour of participation in physical activity (1 full card) will earn a letter grade raise. Every 4 hours after that will also raise the grade.

PARENT/GUARDIAN: Please initial square and note activities. 1 square indicates 30 minutes. If parents/guardians participate, students will double their credit. We encourage you to be active and participate together!

HAVE FUN!!!

1	2	3	4	5	6	7	8
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1	2	3	4	5	6	7	8
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Bay View Physical Education Extra Credit

You may earn extra credit towards your skills test scores only. If you get a low score on a skills test (Example: Volleyball Serve) you may fill out an extra credit card to improve your overall grade. Extra Credit will not go towards grades for written tests (study guides are provided), behavior, attitude, participation, or effort.

If interested you can get an extra-credit card from your physical education teacher and participate in an outside of school physical activity to earn your points. Once your card is filled, you need to have a parent/guardian sign it and turn it back in to your physical education teacher before the quarter ends.

-Bay View Physical Education Staff

Bay View Physical Education Extra Credit

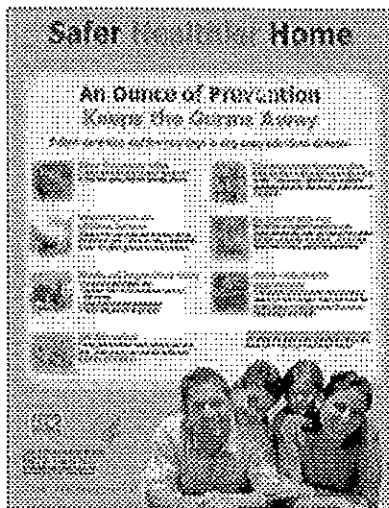
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-Bay View Physical Education Staff



About the Ounce of Prevention Campaign






Ounce of Prevention poster.

Arming health educators and consumers with information as well as practical and useful tips on preventing infectious diseases, the Ounce of Prevention campaign was created by the National Center for Infectious Diseases, Coordinating Center for Infectious Diseases of the Centers for Disease Control and Prevention in partnership with Reckitt Benckiser, Inc., the makers of LYSOL® Brand Products.

The campaign's goal is to provide resources about handwashing, cleaning and disinfection, and other easy-to-follow steps in an effort to develop and maintain successful hand hygiene and cleaning practices, and is aimed at educating a broad consumer and professional audience.

Download Our Poster and Brochure!

Download the latest versions of the Ounce of Prevention poster and brochure in PDF format.


-  [Ounce of Prevention Poster](#) (PDF – 3.1 MB)
-  [Ounce of Prevention Brochure, English](#) (PDF – 767 KB)
-  [Ounce of Prevention Brochure, Spanish](#) (PDF – 3 MB)

Order these materials from the [Public Health Foundation bookstore](#).*

Founding Partner

Reckitt Benckiser's role as a provider of an unrestricted educational grant toward the development of materials and programs for the Ounce of Prevention campaign does not equate to any company or product endorsements by CDC.

* Links to non-Federal organizations found at this site are provided solely as a service to our users. These links do not constitute an endorsement of these organizations or their programs by CDC or the Federal Government, and none should be inferred. CDC is not responsible for the content of the individual organization Web pages found at these links.

 Please note: Some of these publications are available for download only as *.pdf files. These files require Adobe Acrobat Reader in order to be viewed. Please review the [information on downloading and using Acrobat Reader software](#).

Page last modified: April 24, 2008

Content Source: [National Center for Zoonotic, Vector-Borne, and Enteric Diseases \(ZVED\)](#)

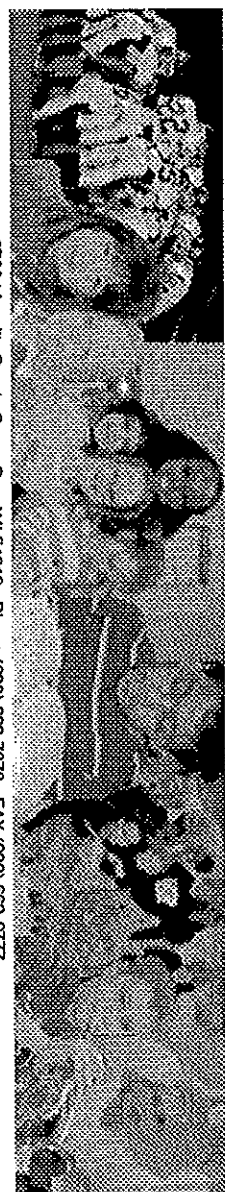
Page Located on the Web at <http://www.cdc.gov/ounceofprevention/>

DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION
SAFER • HEALTHIER • PEOPLE®



HOWARD-SUAMICO
S C H O O L D I S T R I C T

2700 Lineville Road • Green Bay, WI 54313 • Phone (920) 662-7878 • FAX (920) 662-9177



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Home ☐ District ☐ Schools ☐ Parents/Students ☐ Teachers/Staff ☐ Board ☐ Community ☐ Contact Us ☐

Welcome to the Howard-Suamico School District

Deb Oas
Aquatic Supervisor
662-7795
Contact

The Howard-Suamico Pool is an indoor, 6-lane pool. It is 3 ½ feet in the shallow end and 9 feet in the deep end. The community pool is open year-round.

Monthly Calendar

Howard-Suamico pool is located in Lineville Intermediate School, 2700 Lineville Road. We are located in the back of the school through door 4.

Mail in Registration

Family Fun Night
Lap Swim
Swim Lessons
Water Aerobics

Come join us at the pool and take part in one of our exciting programs. We offer Open swim, Lap swim, Aquacise, Aquaflex and Water Works Classes. We also offer Red Cross Swim Lessons, Parent/Tot swim classes, private swim lessons (when available) and Family Fun Night swims. Our pool is also open for rentals: (birthday parties, group and family gatherings, etc.)

Explanation of Levels

Pool Rules

Please consult the monthly calendar for scheduled activity times (click on calendar). Calendars are also available at the pool.

LAP SWIM

Lap Swim is available for the serious swimmer as well as the beginning swimmer. Water walking lanes are also available.

Lap Swimmers: Please check the pool calendar for dates/times.

WATER AEROBICS

The Howard-Suamico Pool offers three Water Aerobics classes **Aquacise, Water Works and Aquaflex**. (Please check calendar).

Pool Fees

Resident	
Child	\$1.50
Adult	\$2.00
Non-Resident	
Child	\$2.50
Adult	\$3.00

10 Punch Pass

Resident	
Child	\$12.00
Adult	\$18.00
Non-Resident	
Child	\$15.00
Adult	\$25.00

Pool Rentals

Pool rentals are available.
Please speak to the supervisor on duty for more information on cost and times.

Private Lessons

30 minutes of private instruction
Residents: \$15.00
Non-Residents: \$20.00
Private instruction is available to anyone at any age.

Aquaflex is offered: Monday and Wednesday 8:30-9:30am
(September-May)

Aquacise is offered Tuesdays and Thursdays 7:45-8:45am
and Mondays and Wednesdays 5:15-6:15pm

Water Works is offered: alternating Saturdays mornings (please
check calendar).

Water Exercise Fee	Resident	Non-Resident
Per Class:	\$3.00	\$4.00

10 class Punch Card:	\$25.00	\$35.00
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There is not a registration process for this class. Come as you
please.

FAMILY FUN NIGHT

Family Fun Night is a fun way to break up the winter blues. Come
enjoy an evening at the pool and don't forget your toys! **Any
floatation device is allowed during Family Fun Night.** All
patrons will be allowed to use any toys they bring, which can
include floatation devices. All swimmers must pass the swim test
before use of the deep end.

Family Fun Night Fees

	Resident	Non-Resident
Child	\$1.50	\$2.50
Adult	\$2.00	\$3.00

SWIM LESSONS: The next session of Swim Lessons will be
offered in Spring 2009.

Spring Lesson Registration Form

**Swim Lessons: Resident \$30 (8 lessons) Non-Resident \$40
(8 lessons)**

**Registration for Spring lessons will begin on February 2,
2009.**

Registration forms may be mailed in or dropped off at the pool.
Mail in registrations will be processed along with walk-in
registrations for district residents. Non-resident registrations will
be processed after resident forms.

You will be notified by phone or e-mail if you have been granted
your first, second or third class choice. You will also be notified if
we cannot fill your request at the present time. Full payment of
the lesson will be required with registration, and your fee will not
be processed if we cannot fill your request for a lesson.

Open Swim

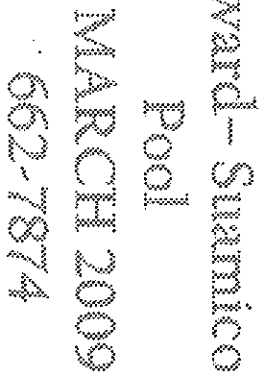
Howard/Suamico Pool toys and
equipment will be provided during
Open Swim times.

Please do not bring items from
home. Thank you.

Snow Policy

If school has been cancelled due
to weather conditions, ALL pool
programs will also be cancelled.

If closure occurs on a lesson
night, lessons will be
re-scheduled



COL

MARCHE 2009

662-7874

Resident

Adult \$2.00

Child \$1.50

Senior: FREE

Non Resident

Adult \$3.00

Child \$2.50

Senior: \$2.50

Children 8 and under must be

accompanied by an adult
during open swim.

Children 9 and older may swim alone during open swim.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2 8:00-8:45 AF 1:45-3:00 LS 5:15-6:15 AQ 6:30-8:30 OS/LS	3 6:00-7:30 EB 7:45-8:45 AQ 6:15-7:00 Cardio splash 7:00-9:00 OS/LS	4 5:45-7:00 EB 8:00-8:45 AF 5:15-6:15 AQ 6:30-8:30 OS/LS	5 5:45-7:00 EB 7:45-8:45 AQ 9:30-10:30 LS 5:30-8:30 FHN	6 8:30-9:30 LS	7 8:00-9:00 LS 9:00-10:00 WW 10:00-11:00 LS 11:00-1:00 OS/LS
8	9 5:45-7:00 EB 8:00-8:45 AF 9:00-10:30 LS 5:15-6:15 AQ 7:00-9:00 OS/LS	10 5:45-7:00 EB 7:45-8:45 AQ 1:45-3:00 LS 6:15-7:00 Cardio splash 7:00-9:00 OS/LS	11 5:45-7:00 EB	12 5:45-7:00 EB	13 9:30-10:30 LS	14 7:00-8:30 LS
15	16 8:00-8:45 AF 8:45-10:00 LS 1:45-3:00 LS 5:15-6:15 AQ 7:00-9:00 OS/LS	17 5:45-7:00 EB 7:45-8:45 AQ 8:45-10:30 LS 6:15-7:00 Cardio splash 7:00-9:00 OS/LS	18 5:45-7:00 EB 8:00-8:45 AF 1:45-3:30 LS 5:15-6:15 AQ 7:00-9:00 OS/LS	19 5:45-7:00 EB 7:45-8:45 AQ 9:30-10:30 LS 6:30-8:30 FHN	20 4:00-7:00 FHN	21 8:00-9:00 LS 9:00-10:00 WW 10:00-11:00 LS 11:00-1:00 OS/LS
22	23 9:00-12:00 LS	24 5:45-7:00 EB 7:45-8:45 AQ 9:00-11:00 OS/LS 6:15-7:00 Cardio splash 7:00-9:00 FHN	25 5:45-7:00 EB 7:30-9:00 LS 3:00-5:00 OS/LS 5:15-6:15 AQ	26 7:45-8:45 AQ 9:00-11:00 LS	27 POOL CLOSED	28 8:00-9:00 LS 9:00-10:00 WW 10:00-11:00 LS 11:00-1:00 OS/LS
29	30 5:45-7:00 EB 8:00-8:45 AF 9:00-10:30 LS 5:15-6:15 AQ 7:00-9:00 OS/LS	31 5:45-7:00 EB 7:45-8:45 AQ 8:45-10:30 LS 6:15-7:00 Cardio splash 7:00-8:00 Fitness swimmer				
			OS/LS = Open swim L = Lap Swim AF = Aquatics FHN = Family Fun Night	EB = Early bird lap swim FHN = Family Fun Night	Water Exercise AQ = Aquatics WW = Waterworks AF = Aqua Fit	Water exercise for Resident: \$5.00 Non-Resident: \$4.00

West Side Y Night

Every Friday 7-10pm

www.gbymcateens.org

Free: members
\$5: Non members

Y-Night Kick off!

September 12th

Obstacle Extravaganza

19th
Kickball

26th
Tye Dying
\$2 per shirt

September



YMCA

Every week students enjoy:
basketball, racquetball, swimming,
video games, and track

For more information contact Amy Reineking at 920-436-9656



West Side

October Y Night

Every Friday 7-10pm



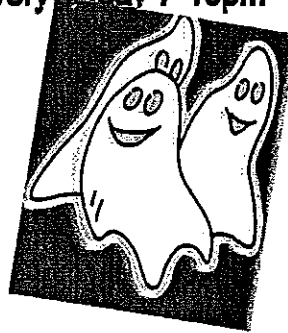
Oct. 5th
Nails with Jena

Oct. 10th
Lightening

Oct. 17th
Battie Ball

Oct. 24th
Halloween Crafts
\$1.50

Oct. 31st
Costume Contest
and
Mystery Events



www.gbymcateens.or

Free: members

\$5: Non members



Every week students enjoy: basketball, racquetball, swimming, video games, and track
For more information contact Amy Reineking at 920-436-9656

NATIONAL SCHOOL LUNCH WEEK

OCTOBER 13-17, 2008

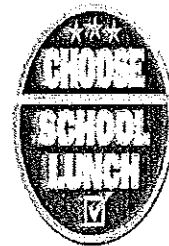
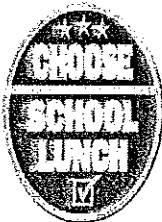
- Raising awareness for importance of school nutrition programs for children.
- Serving 30 million children daily nationwide.
- Recognizing the HSSD school nutrition professionals for the 600,000+ school lunches served to students last school year.
- Providing well-balanced school lunches that include protein, fruits, vegetables, grains, and milk in age-appropriate portions (See menus on the district website for more detailed nutritional info).

STUDENTS: WE WANT YOUR VOTE!

What You Like is Important to Us

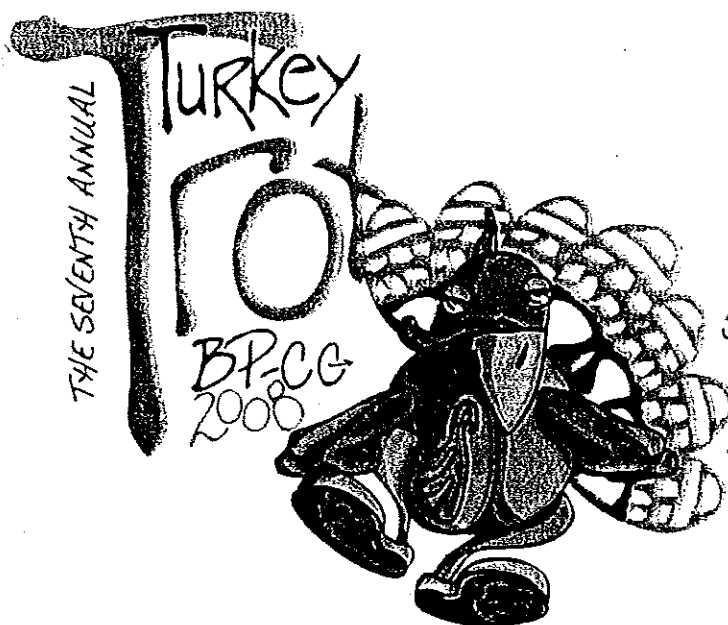
Use the voting ballot cast a vote for your favorite meal.
Turn in your vote during the week of Oct. 13.

(Ballots can be found on the pamphlet rack just outside of the front office).



The next time we serve the entrée receiving the most votes within your school, students will receive an ice cream sundae dessert with lunch.

Be sure to include your name and homeroom on your ballot to also be entered in a drawing for prizes.



SATURDAY NOVEMBER 15, 2008
9:00 A.M. RACE STARTS
BAY PORT HIGH SCHOOL
High School Commons

REGISTRATION

Early bird before November 10th: \$15.00 After November 10th: \$20.00 Race-day registration: 7:30 A.M.

Registration includes Turkey Trot T-shirt, refreshments and a great time!

Checks Payable to the "Bay Port Cross Country Club"

AWARDS

First overall male and female finishers will receive a turkey.

Medals are also given to top three age group winners.

(10 and under, 11-14, 15-18, 19-29, 30-39, 40-49, 50-59, 60 and over)

FOR MORE INFORMATION

Call Mike Jameson at 662-7162 or Frank Kaminski at 865-7659

Sponsored by the Bay Port Cross Country Team

Mail Registration form to Mike Jameson
Bay Port High School 2710 Lineville Road
Green Bay, WI 54313

Name: _____ Male ☐ Female ☐

Address: _____ Age on Race Day: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ T-shirt size: YM ☐ YL ☐ S ☐ M ☐ L ☐ XL ☐

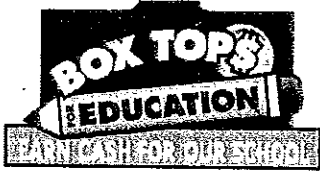
Event: 2 mile ☐ 4 mile ☐

I hereby signify that I understand that the Howard-Suamico School District, The Bay Port Turkey Trot sponsors, the area where I run or walk and all other organizations and persons connected with this event are not to be held responsible for any injuries which I may suffer while taking part in this event or as a result thereof. In this connection, I hereby waive any claim for damages to my person or property. I further state that I am in proper physical condition to participate in this event.

PARTICIPANT'S SIGNATURE (if under 18, parent or guardian)

DATE

CASH FOR OUR SCHOOL OPPORTUNITIES!!



Welcome to another great year at Bay View Middle School! My name is Paula Tetzlaff and I'm the volunteer coordinator for BoxTops for Education. This year, our goal is to raise at least \$800 for our school.

Tops offers three easy ways to earn cash for our school through everyday activities such as buying groceries, shopping online and purchasing books.

Clip — Clip Box Top coupons from hundreds of participating products and send them to school. BoxTops coupons are worth 10¢ each when our school redeems them from BoxTops for Education. Redeemable Box Tops must not be expired and must show the expiration date.

Shop — Shop at your favorite online stores through the BoxTops MarketplaceSM (www.btfе.com/marketplace). Up to 8% of each qualifying purchase is automatically donated to our school. There is no additional cost to your purchase and many exclusive deals and discounts can be found!

Buy books — Purchase books online at Barnes & Noble through the BoxTops Reading RoomSM. Our school will receive 6% of your new book purchases and 3% of all other online purchases.

One of the easiest ways you can help is to sign up to support our school at www.btfе.com. You will learn about new and easy ways to help our school earn the extra cash it needs.



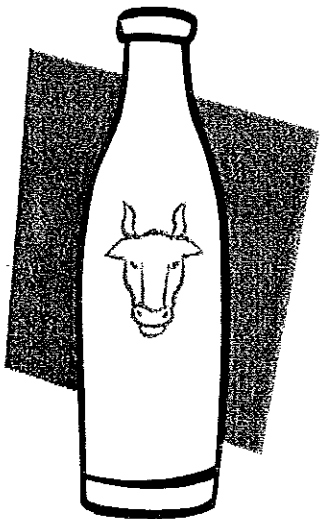
Exclusive web benefits:

- See how much our school is earning with BoxTops
- Enter online promotions for chances to win Bonus BoxTops
- Print money-saving coupons for your favorite BoxTops brands
- Make mealtime easier with family-pleasing recipes

Plus, if you sign up for the free BoxTops email newsletter at www.bxotops4education.com/2008 and designate Bay View as your recipient school, we will earn 5 Bonus BoxTops. This offer ends 12/31/2008 and you must confirm your registration through confirmation email. Limited to one 5 Bonus Box Tops offer per email address and valid only for new email registrants.

To learn more, visit www.btfе.com—and thanks for choosing to make a difference for our school with BoxTops! Designate Bay View as your recipient school, we will earn 5 Bonus BoxTops

DRINK MILK—EARN CASH



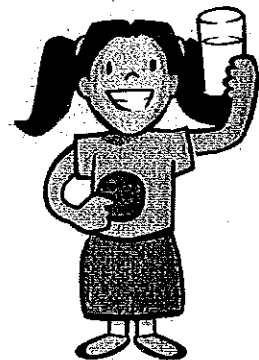
Welcome to the 2008-2009 school year at Bay View Middle School! My name is Paula Tetzlaff and I am the parent volunteer coordinator for the Milk Caps Program.

This year our school is participating in 4 milk cap redemption programs. We are accepting milk caps from the following brands:

- Kemps (Nickels for Schools)
- Morning Glory (Kids Caps & Cash)
- Kwik Trip (Milk Moola & Donuts to Dough— accepts caps and bag tops from milk, bottled water, orange juice & KwikTrip fruit drinks as well as Glazers price ovals from each Dozen and Half-Dozen boxes of Glazers donuts)
- Swiss Valley Farms

The school receives 5¢ for each milk cap redeemed for these brands and receives 10¢ for each Glazers price oval. Students may bring the caps, bag tops, and Glazers price ovals to school

at any time. They can bring them to the Student Services office.



The Bay View Parent Club encourages you to send in these caps along with the BoxTops, as these are the only fundraisers the Parent Club participates in each year. We do not ask you to sell anything — just collect items from products you most likely already purchase.

Thank you for your interest and participation in these programs!